PRO-FORM® CROSSWALK 500
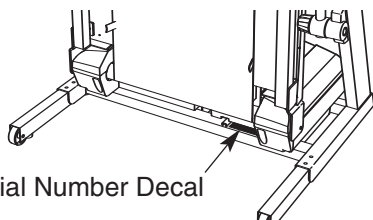
Model No. PFTL56007.0
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:
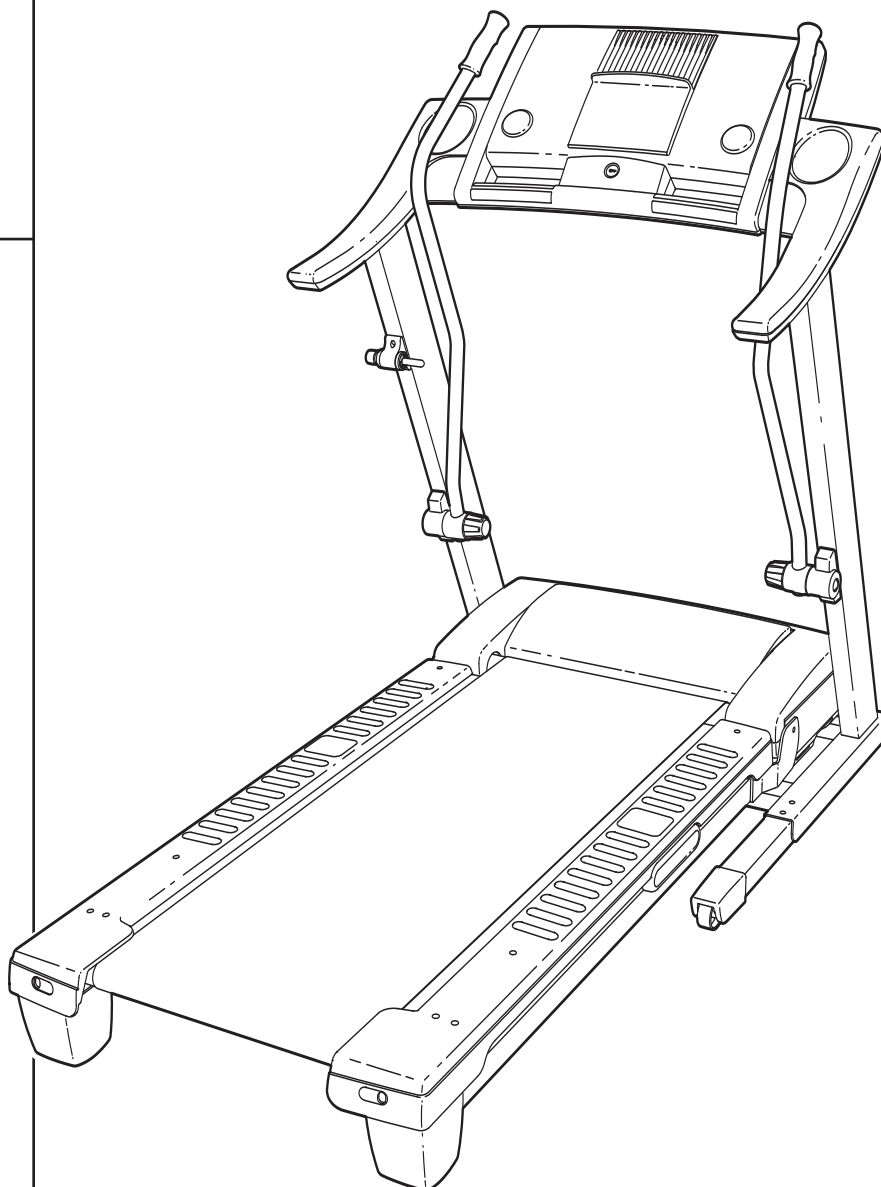
CALL TOLL-FREE:

1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.proform.com
new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

The decals shown here have been applied in the lo-
cations shown. **If a decal is missing or illegible,
call the telephone number on the front cover of
this manual and request a free replacement
decal. Apply the decal in the location shown.**
Note: The decals may not be shown at actual size.
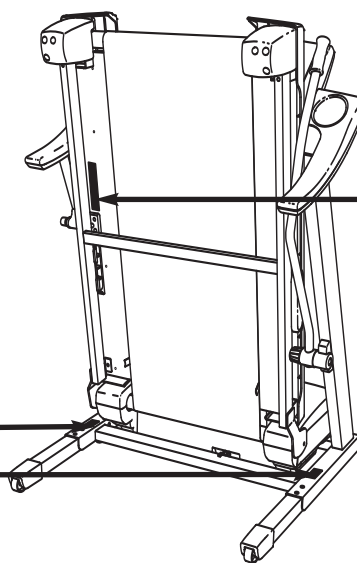
WARNING:

Protect yourself and
others from risk of serious
injury. Read the user's
manual and :

•Stand only on the
side rails when
starting or stopping
treadmill.

•Change speed in
small increments.

•Hold handrails to
prevent falling, and
always wear the
safety clip while
operating treadmill.

•Stop if you feel faint,
dizzy, or short of
breath.

• Fully engage storage
latch before tread-
mill is moved or
stored.

•Reduce incline to its
lowest level before
folding treadmill into
storage position.

•Never allow
children on or
around treadmill.

•Remove key when
not in use.

•Keep clothing,
fingers, and hair
away from moving
belt.

•Never try to adjust
or fix the belt while
it is moving.

•Always wear
athletic shoes while
operating treadmill.

⚠ CAUTION

KEEP HANDS AND FEET AWAY
FROM THIS AREA WHILE THE
TREADMILL IS IN OPERATION.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described.

4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under the age of 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.

9. Never allow more than one person on the treadmill at a time.

10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

11. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)

16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).

17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

22. When folding or moving the treadmill, make sure that the frame is held securely in the storage position.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never insert any object into any opening on the treadmill.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

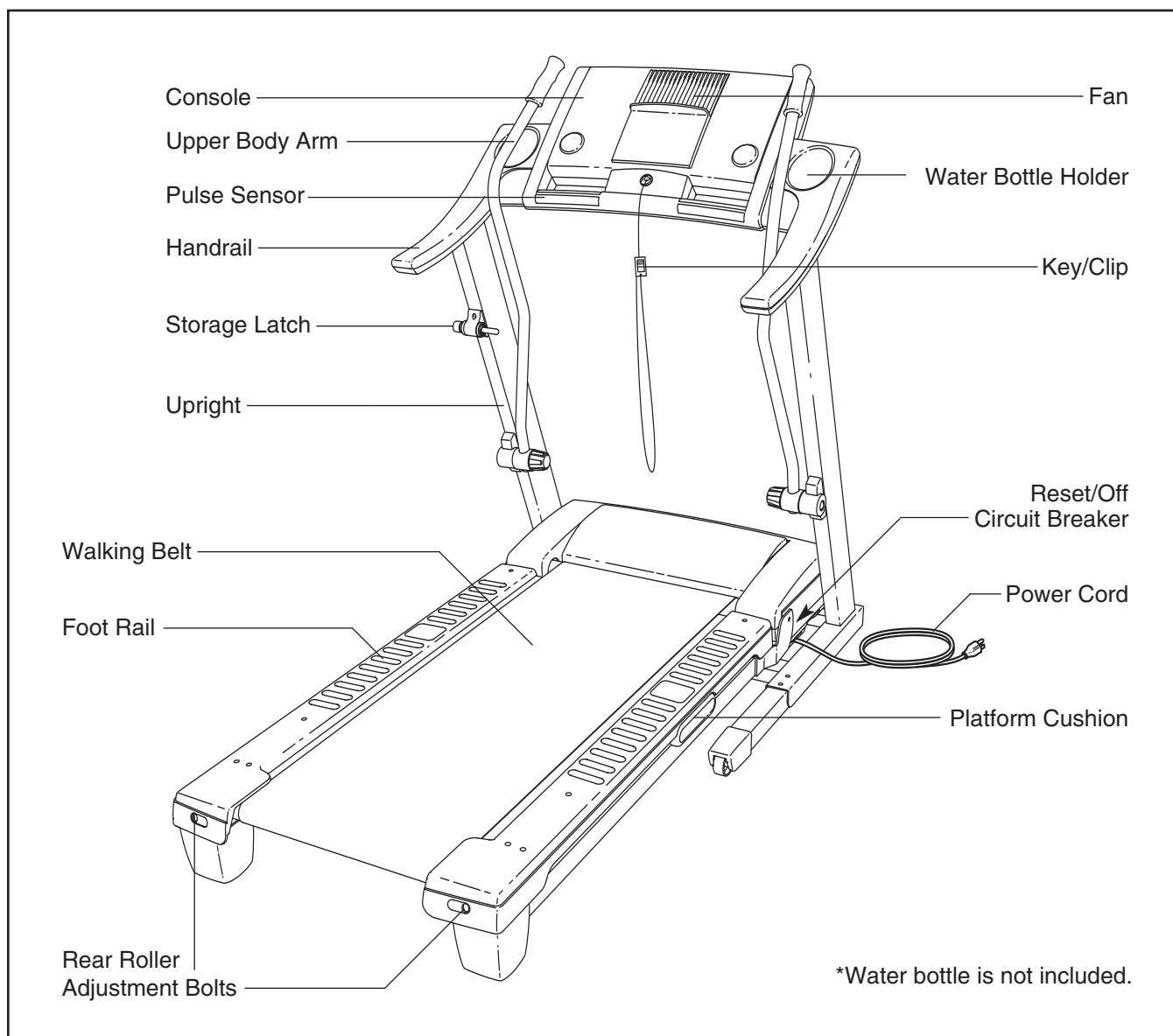# SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® CROSSWALK 500 treadmill. The CROSSWALK 500 treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique CROSSWALK 500 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.
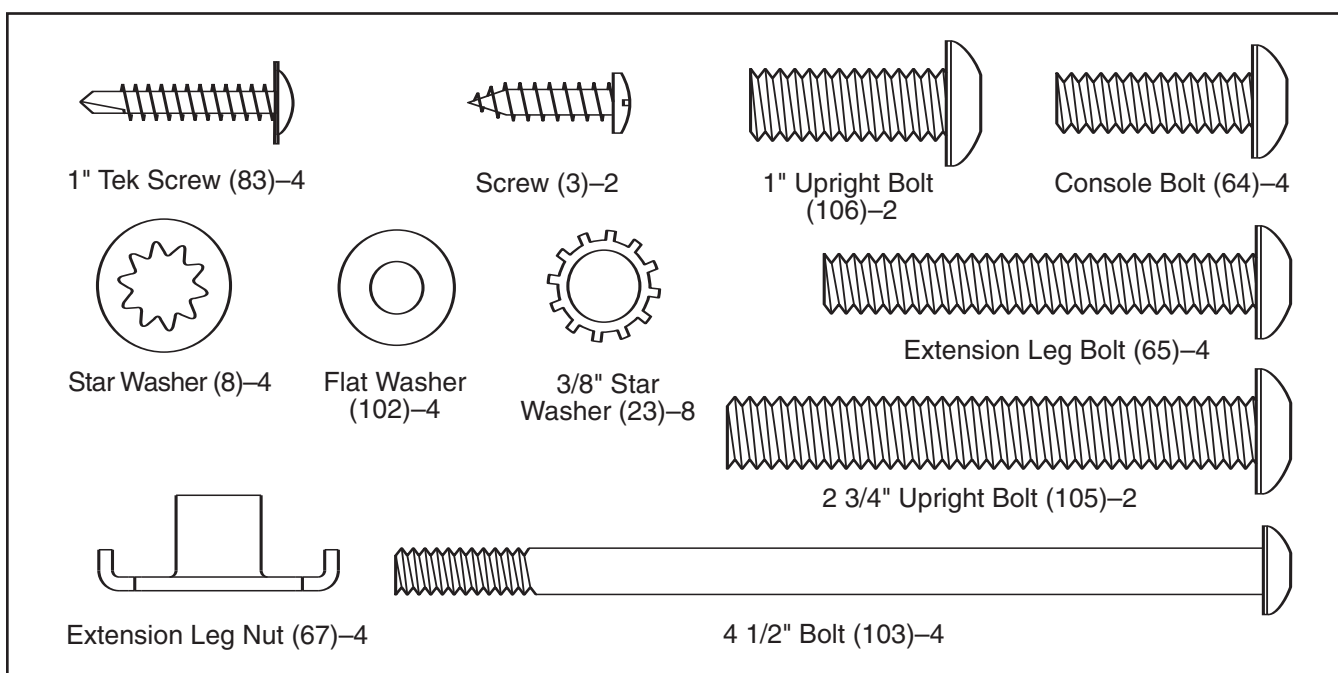
Console
Upper Body Arm
Pulse Sensor
Handrail
Storage Latch
Upright
Walking Belt
Foot Rail
Rear Roller Adjustment Bolts

Fan
Water Bottle Holder
Key/Clip
Reset/Off Circuit Breaker
Power Cord
Platform Cushion

*Water bottle is not included.

ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480. Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key ▮ **and your own Phillips screwdriver** ⌐⊐.

For help identifying the assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled. To avoid damaging plastic parts, do not use power tools for assembly.**


1" Tek Screw (83)–4

Screw (3)–2

1" Upright Bolt (106)–2

Console Bolt (64)–4

Star Washer (8)–4

Flat Washer (102)–4

3/8" Star Washer (23)–8

Extension Leg Bolt (65)–4

2 3/4" Upright Bolt (105)–2

Extension Leg Nut (67)–4

4 1/2" Bolt (103)–4

1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (58) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

   Identify the Right Upright (107) and the Left Upright (84) (the Left Upright has two small holes in the indicated location).

   Tie the wire tie in the Right Upright (107) securely around the end of the Wire Harness (77). With the help of a second person, hold the Right Upright near the Base (108). Then, pull the other end of the tie up through the bottom of the Right Upright until the Wire Harness is routed completely through the Right Upright.


1

77

Wire Tie

108

107

77

Small Holes

84

58
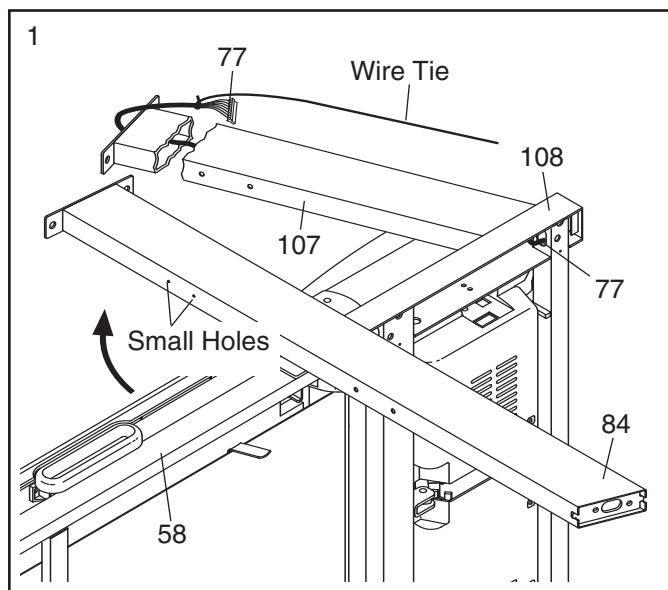
2. Hold the Right Upright (107) against the Base (108). **Be careful not to pinch the Wire Harness (77).**

   Attach the Right Upright (107) to the Base (108) with a 1" Upright Bolt (106), a 2 3/4" Upright Bolt (105), and two 3/8" Star Washers (23). **Do not fully tighten the Upright Bolts yet.**
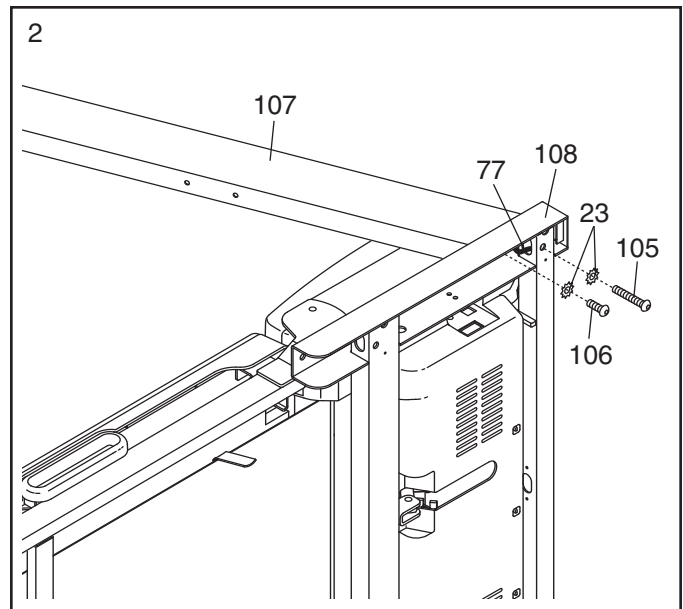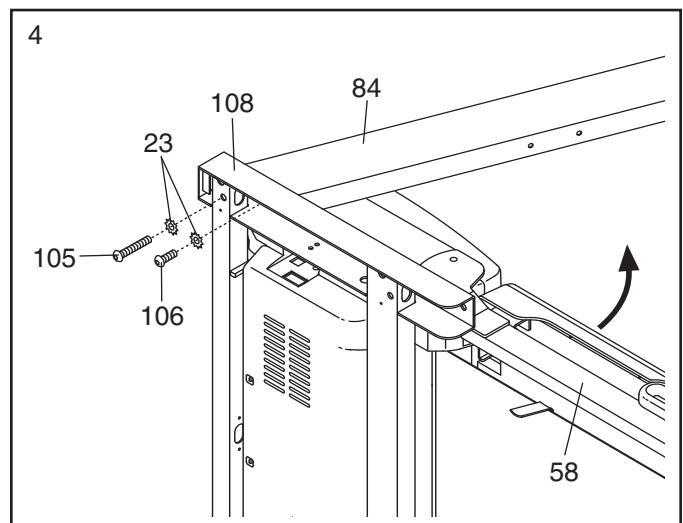
3. Attach two Base Pads (82) to the Base (108) with two 1" Tek Screws (83) as shown.

   Insert an Extension Leg (89) into the Base (108) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two Extension Leg Bolts (65) into the top of the Extension Leg, and firmly tighten the Extension Leg Bolts into the Extension Leg Nuts.
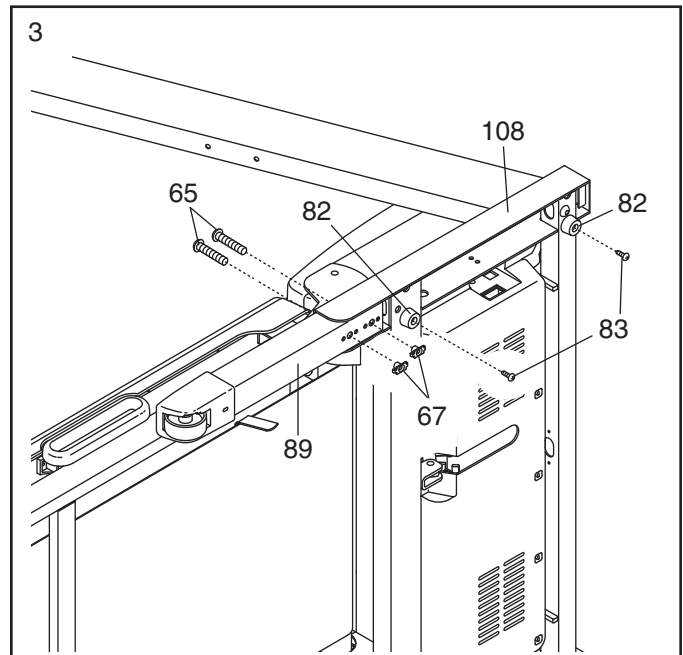
4. With the help of a second person, carefully tip the treadmill onto its other side. Partially fold the Frame (58) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

   Attach the Left Upright (84) to the Base (108) with a 1" Upright Bolt (106), a 2 3/4" Upright Bolt (105), and two 3/8" Star Washers (23). **Do not fully tighten the Upright Bolts yet.**

5. Attach two Base Pads (82) to the Base (108) with two 1" Tek Screws (83) as shown.

   Insert the other Extension Leg (89) into the Base (108) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two Extension Leg Bolts (65) into the top of the Extension Leg, and firmly tighten the Extension Leg Bolts into the Extension Leg Nuts.

   With the help of a second person, carefully tip the treadmill so that all four Base Pads (82) are flat on the floor.
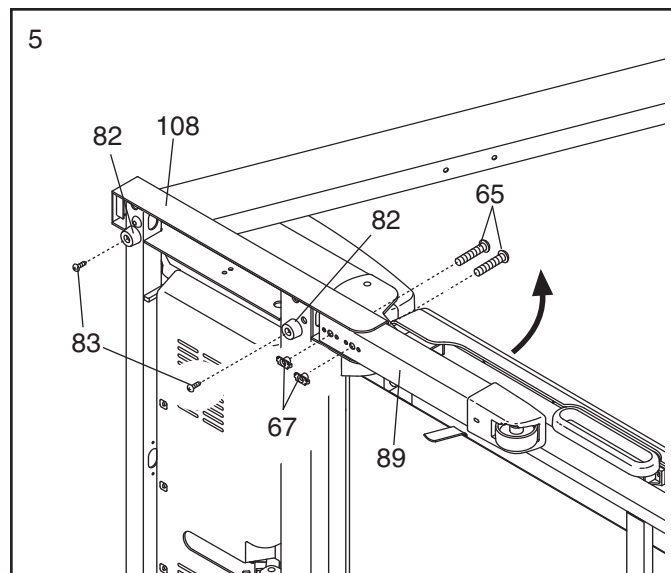
6. Have the second person hold the console assembly near the Right Upright (107) as shown. Look under the console assembly and locate the console wire.

   Remove the tie from the Wire Harness (77). Connect the Wire Harness to the Console Wire (66). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**
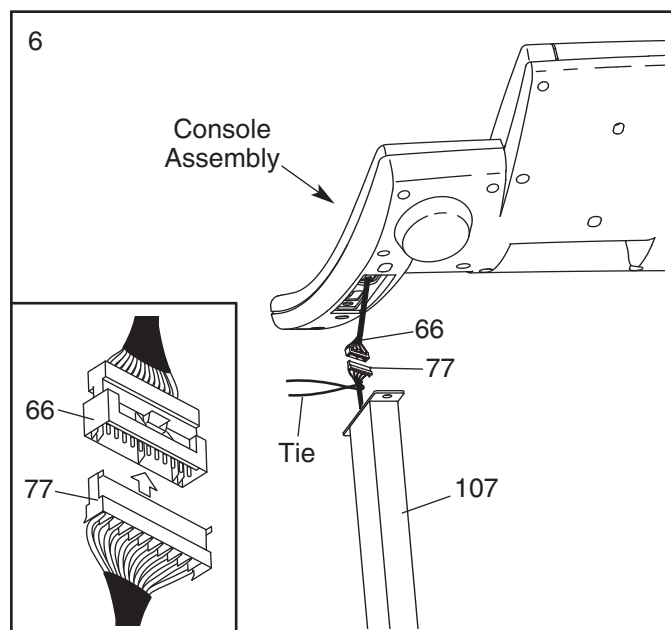
7. Insert the Wire Harness (77) and the Console Wire (66) into the Right Upright (107).

   Set the console assembly on the Left Upright (84) and the Right Upright (107). **Be careful to avoid pinching the wires.** While a second person holds the console assembly, attach it to the Uprights with four Console Bolts (64) and four Star Washers (8) as shown; **start all four Console Bolts and then firmly tighten them.**

   Plug in the power cord as described on page 11, and turn on the power as described on page 13. Note: The treadmill may automatically rise to the maximum incline level and then return to the minimum level. Adjust the incline to the lowest inline level as described in step 4 on page 14.

8
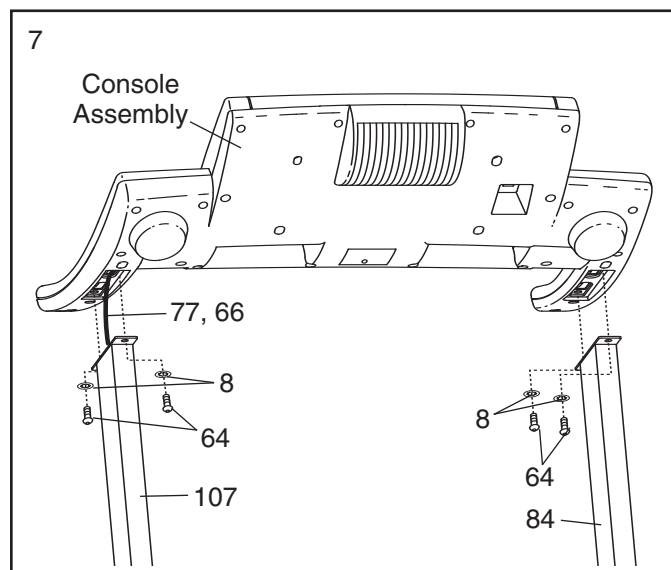
8. **Unplug the power cord.** Attach the Left Upper Body Arm (97) to the Left Upright (84) with two 4 1/2" Bolts (103), two Flat Washers (102), and two 3/8" Star Washers (23) as shown. **Make sure that the Left Upper Body Arm is on the indicated side of the Left Handrail (13).**

Attach the Right Upper Body Arm (not shown) to the Right Upright (not shown) in the same way.
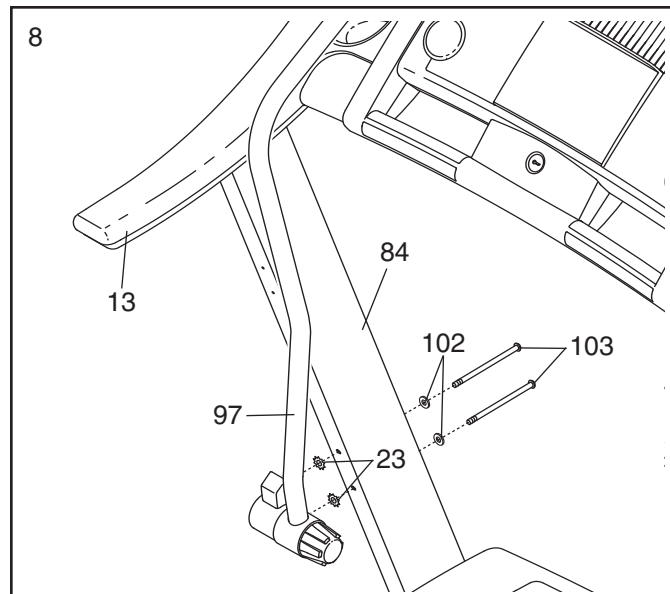
9. With the help of a second person, carefully lower the Left and Right Uprights (84, 107) to the position shown.

See the lower drawing. Position the Uprights (84, 107) so that the treadmill Frame (58) is centered between the Uprights.

Firmly tighten the two 1" Upright Bolts (106) and the two 2 3/4" Upright Bolts (105). **Be careful not to overtighten the Upright Bolts.**

With the help of a second person, carefully raise the Uprights (84, 107).

Top View
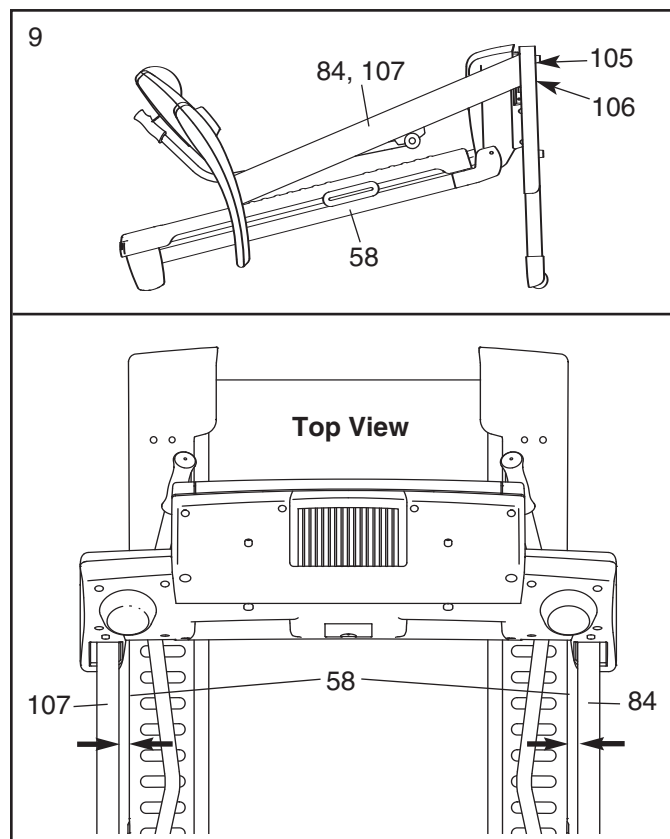
10. Attach the Latch Housing (73) to the Left Upright (84) with two Screws (3); **start both Screws and then tighten them. Note: Make sure that the large hole in the Latch Housing is on the indicated side.**

Remove the knob from the Latch Pin Assembly (21). Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the Latch Housing (73). Then, tighten the knob onto the pin.
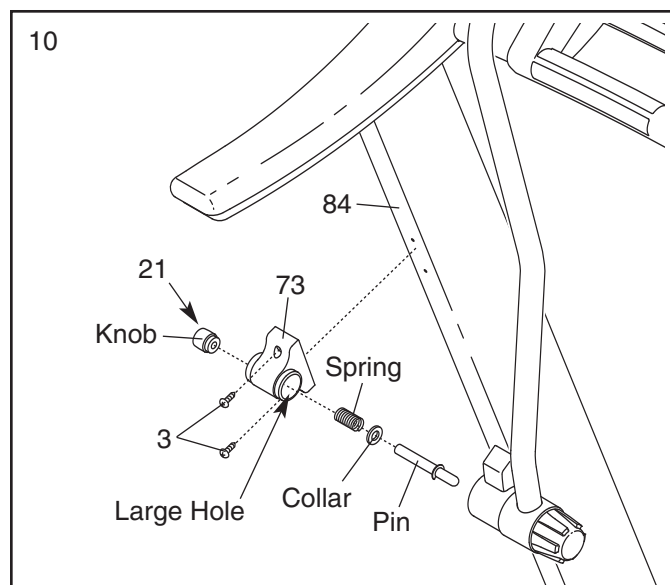
11. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the large hex key is used to adjust the walking belt (see pages 26 and 27).

If you purchase the optional chest pulse sensor (see page 21), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Remove the key from the console and unplug the power cord.**

   Remove the indicated Screw (3) and the Access Door (76) from the back of the Console Base (85).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (85). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (76) with the two included small screws.

3. **Make sure that no wires are pinched.** Reattach the Access Door (76) with the Screw (3). Discard the other wires included with the receiver.
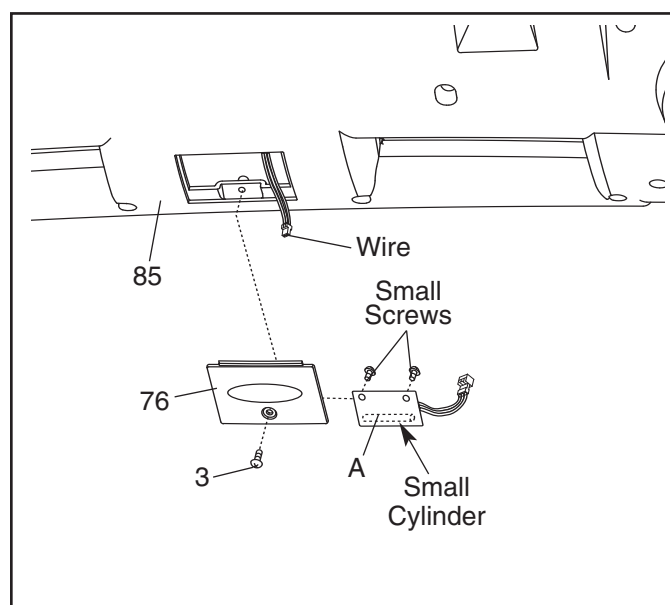
OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.
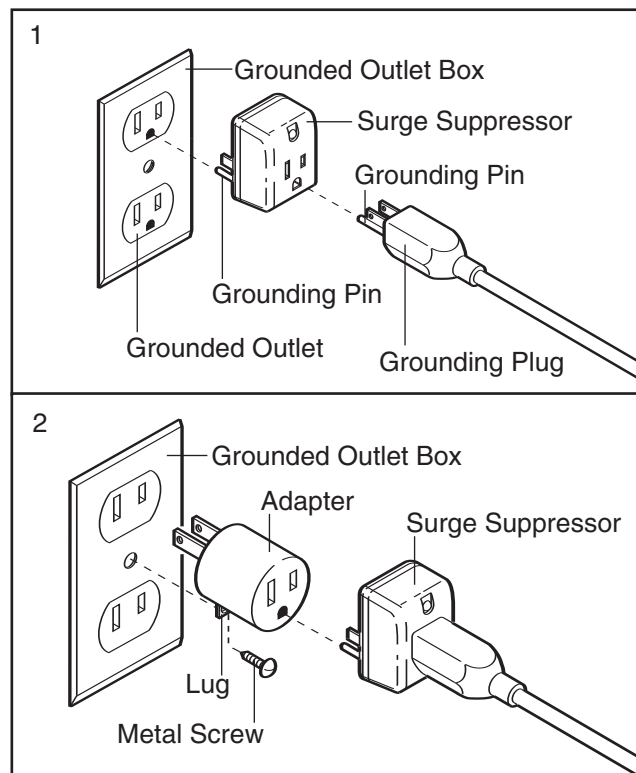
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM
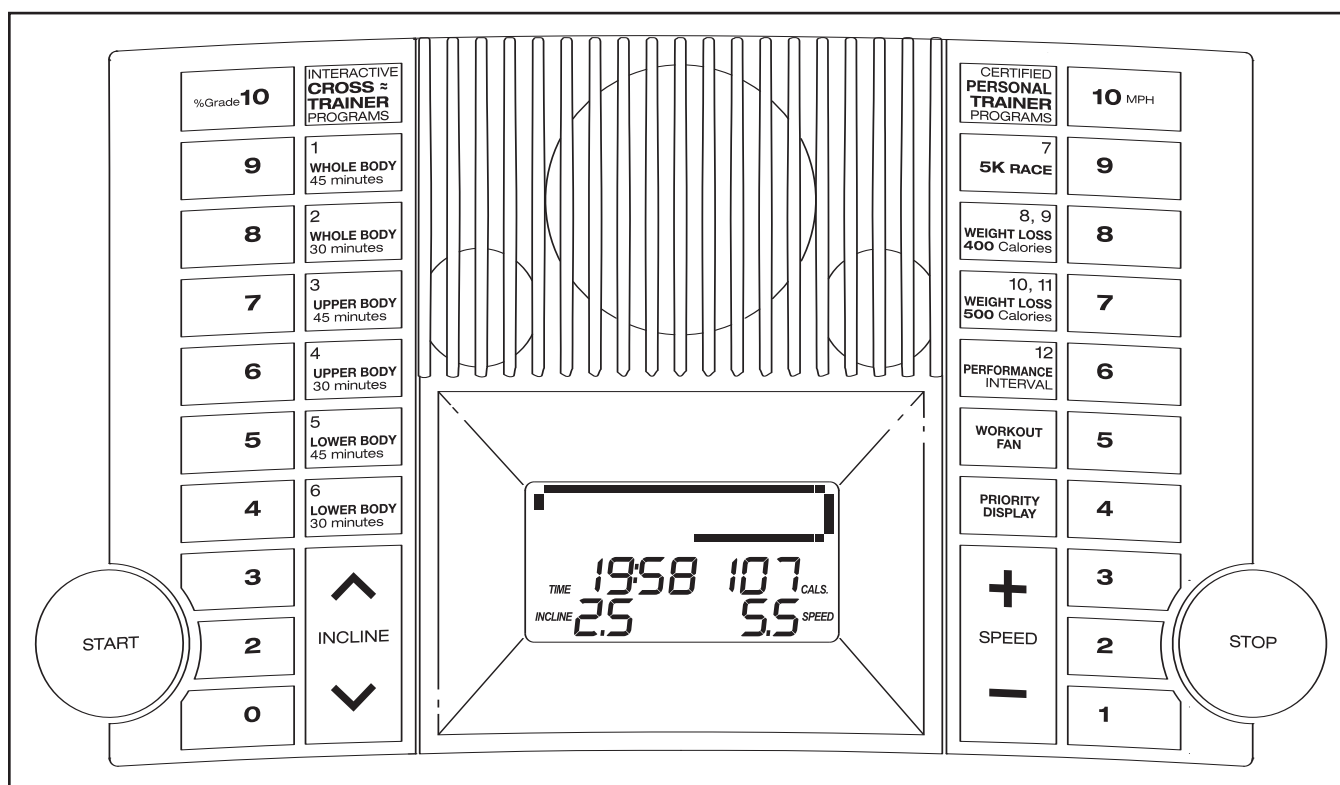
FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor (see page 21 for information about the optional chest pulse sensor).

The console also features six interactive cross trainer programs designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. These programs feature the voice of a personal trainer to guide you through your workouts. The cross trainer programs automatically control the speed and incline of the treadmill and prompt you to perform a variety of strength exercises during your workout. There are two whole body, two upper body, and two lower body cross trainer pro-

grams to choose among. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

A 5K program that counts down the distance as you complete a 5-kilometer run is also included.

The console also offers four weight loss programs that control the speed and incline of the treadmill to help you burn unwanted pounds.

In addition, the console features a performance program. This program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

To turn on the power, follow the steps beginning on page 13. **To use the manual mode of the console**, see page 13. **To use a cross trainer program**, see page 16. **To use the 5K program**, see page 18. **To use a weight loss program**, see page 19. **To use the performance program**, see page 20. **To use the information mode**, see page 21.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console display or other electrical components may become damaged.

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.
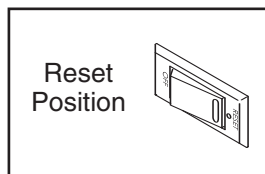
Reset Position

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the display lights as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the display remains lit, see THE INFORMATION MODE on page 21 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 12) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Key

Clip
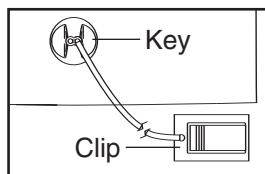
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 27).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 21. For simplicity, all instructions in this section refer to miles.
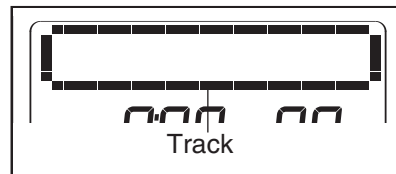
HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

    When the key is inserted, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any of the cross trainer buttons once or twice until a track appears in the display.

    Track

3. **Start the walking belt.**

    To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 to 10.

    If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

    If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

    To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

4. **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the
Incline increase and decrease buttons or one of
the incline buttons numbered 0 to 10. Each time
you press the Incline increase or decrease button,
the incline will change by 0.5%. If one of the num-
bered incline buttons is pressed, the treadmill will
adjust to the selected incline setting. Note: After
the buttons are pressed, it may take a moment for
the treadmill to reach the selected incline setting.

5. **Follow your progress with the display.**

When the
manual mode
or the 5K
program is
selected, the
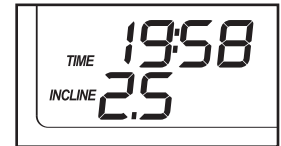display will
show a track
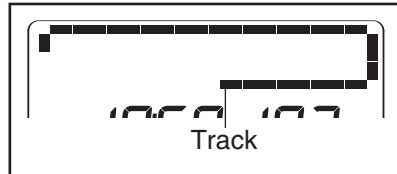
Track

that represents 1/4 mile (400 meters). As you walk
or run, indicators will appear in succession around
the track until the entire track appears. The track
will then disappear and the indicators will again
begin to appear in succession.

The upper part of the display can also show the
elapsed time, the distance that you have walked or
run, the speed of the walking belt, the approximate
number of calories you have burned while walking

or running, your pace in minutes per mile, or the in-
cline level of the treadmill. Press the Display button
repeatedly until the upper part of the display shows
the information you are most interested in viewing.
Note: While information is shown in the upper part
of the display, the same information will not be
shown in the lower parts of the display.

The left side of the display
will show the elapsed time,
the distance that you have
walked or run, and the in-
cline level of the treadmill.
Note: When a program is
selected (except for the 5K program), the display
will show the time remaining in the program in-
stead of the elapsed time.

The right side of the dis-
play will show the ap-
proximate number of
calories you have burned
while walking or running,
the speed of the walking
belt, and your pace in minutes per mile. The right
side of the display will also show your heart rate
when you use the handgrip pulse sensor or the op-
tional chest pulse sensor.
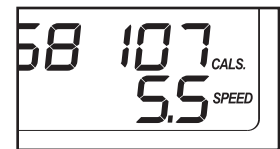
To reset the display, press the Stop button, remove
the key, and then reinsert the key.

6. **Measure your heart rate if desired.**

   Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. See page 21 for information on the optional chest pulse sensor.

   Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.
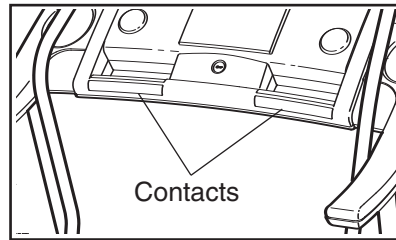
   Contacts

   To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail— **avoid moving your hands**. When your pulse is detected, one or two dashes will appear in the right side of the display and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **Turn on the fan if desired.**

   The fan features low and high speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

8. **When you are finished exercising, remove the key from the console.**

   Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

   When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **Important: If you do not do this, the electrical components of the treadmill may wear prematurely.**

HOW TO USE A CROSS TRAINER PROGRAM

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select one of the six cross trainer programs.**

   To select a cross trainer program, press one of the Whole Body buttons, the Upper Body buttons, or the Lower Body buttons; "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" will appear in the display. When a cross trainer program is selected, the program duration will appear in the display every few seconds, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds, and a profile of the speed settings of the program will scroll across the display.
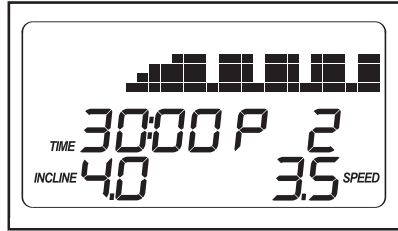
   Note: During the program, a personal trainer will guide you through the workout. You can adjust the volume or select an audio setting for your personal trainer (see THE INFORMATION MODE on page 21).
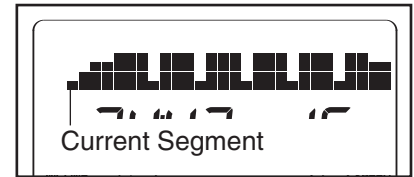
3. **Press the Start button to start the program.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

   Each program is divided into 30 or 45 one-minute segments. One speed setting and one incline set-ting are programmed for most segments. (Note: The same speed setting and/or incline setting may be programmed for consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

During the program, the profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound, the next segment of the profile will begin to flash and the speed and incline setting will appear in the display to alert you.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons; **however, when the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Perform the first strength exercise when prompted.**

When the first strength exercise segment begins (only one indicator will flash in

the Current Segment column), the walking belt will slow to a stop and the name of the first strength exercise will appear in the display for a few seconds.

Next, the personal trainer will tell you the recommended number of repetitions for the first strength exercise.

Remove the clip from the waistband of your clothes, step off the treadmill, and prepare to begin the first strength exercise. The personal trainer and the display will count the repetitions; perform one repetition of the exercise on each count. Exercise with a slow, steady motion; do not perform more than one repetition for each count.

Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

5. **Continue the cross trainer program.**

When you have performed the recommended number of repetitions, the words PRESS START will appear in the display. To continue the cross trainer program, step onto the treadmill, **slide the clip back onto the waistband of your clothes,** and press the Start button. The treadmill will automatically adjust to the speed and incline settings for the next segment.

The program will continue in this way until the last segment ends. The walking belt will then slow to a stop.

6. **Follow your progress with the display.**

See step 5 on page 14.

7. **Measure your heart rate if desired.**

See step 6 on page 15.

8. **Turn on the fan if desired.**

See step 7 on page 15.

9. **When you are finished exercising, remove the key from the console.**

See step 8 on page 15.
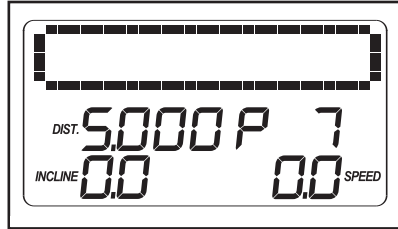
HOW TO USE THE 5K PROGRAM

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select the 5K program.**

   To select the 5K program, press the 5K Race button; "P 7" will appear in the display. A distance goal of 5 kilometers will also appear in the display every few seconds and a track will appear in the display.

3. **Press the Start button to start the program.**

   A moment after you press the Start button, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

   After a few minutes, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

   After a few more minutes, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

   After another minute, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

   Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed and Incline buttons.

The upper left corner of the display will show the number of meters still to be run. When only 20 meters remain, the display will flash and a series of tones will sound.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the ten numbered speed buttons.

When you have completed a 5-kilometer run, your total time will flash in the lower left corner of the display and the words "cool" and "down" (cool down) will flash in the upper left corner of the display. If the speed of the walking belt is greater than 5 mph, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

4. **Follow your progress with the display.**

   See step 5 on page 14.

5. **Measure your heart rate if desired.**

   See step 6 on page 15.

6. **Turn on the fan if desired.**

   See step 7 on page 15.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 15.

HOW TO USE A WEIGHT LOSS PROGRAM

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select a weight loss program.**

   To select a weight loss program, press one of the Weight Loss buttons once or twice; "P 8," "P 9," "P10," or "P11" will appear in the display. When a weight loss program is selected, the maximum speed setting, the maximum incline setting, and the duration of the program will flash in the display for a few seconds. A profile of the speed settings of the program will scroll across the display.
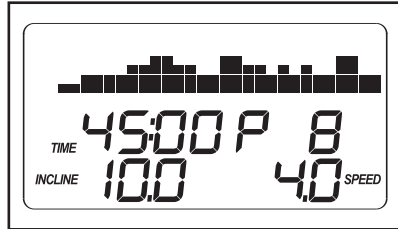
3. **Press the Start button to start the program.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

   Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the program, the profile will show your progress. The flashing segment of

   Current Segment

the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound, the next segment of the profile will begin to flash and the speed and incline setting will appear in the display to alert you.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons; **however, when the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the display.**

   See step 5 on page 14.

5. **Measure your heart rate if desired.**

   See step 6 on page 15.

6. **Turn on the fan if desired.**

   See step 7 on page 15.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 15.

HOW TO USE THE PERFORMANCE PROGRAM

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 13.

2. **Select the performance program.**

    To select the performance program, press the Performance button; "P12" will appear in the display. A few seconds after the performance program is selected, the maximum speed setting, the maximum incline setting, and the duration of the program will flash in the display for a few seconds. A profile of the speed settings of the program will scroll across the display.
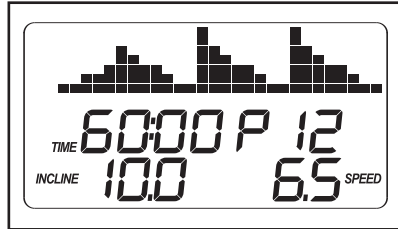
3. **Press the Start button to start the program.**

    A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

    The program is divided into 60 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

    During the program, the profile will show your progress. The flashing segment of

    Current Segment

the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound, the next segment of the profile will begin to flash and the speed and incline setting will appear in the display to alert you.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons; **however, when the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the display.**

    See step 5 on page 14.

5. **Measure your heart rate if desired.**

    See step 6 on page 15.

6. **Turn on the fan if desired.**

    See step 7 on page 15.

7. **When you are finished exercising, remove the key from the console.**

    See step 8 on page 15.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement, to select an audio trainer setting, adjust the volume, and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The center of the display will show the total number of hours that the treadmill has been operated. The lower part of the display will show total number of miles or kilometers that the walking belt has moved. In addition, an "E" for English miles or an "M" for metric kilometers will appear in the lower part of the display. To change the unit of measurement, press the Speed increase button.
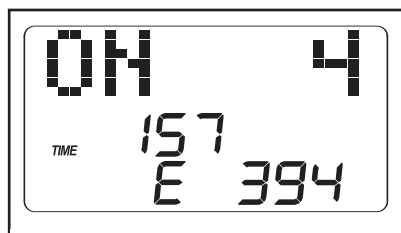
The upper left part of the display will show the personal trainer audio setting. If you select "ON" as the audio setting, the personal trainer will guide you through your workouts and give detailed instructions. If you select the "OFF" setting, your personal trainer will simply guide you through your workouts. Press the Incline decrease button to change the audio setting if desired.

You can adjust the volume of the personal trainer audio (0 through 5) by pressing the Incline increase button repeatedly. The volume setting appears as the upper right digit in the display.


The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the display while the information mode is selected. To turn on or off the demo mode, press the Speed decrease button.

To exit the information mode, remove the key from the console.

## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**

21
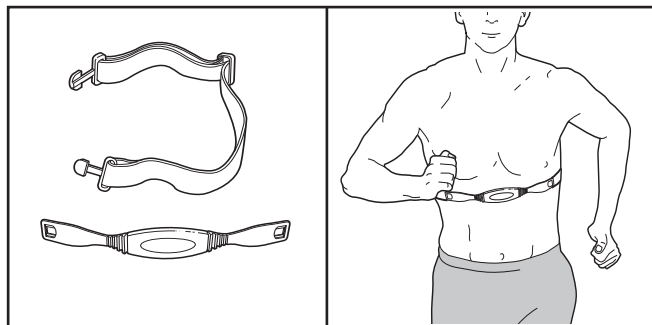
HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, you can hold the handrails or use the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.

To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.

Upper Body Arms

Resistance Knobs
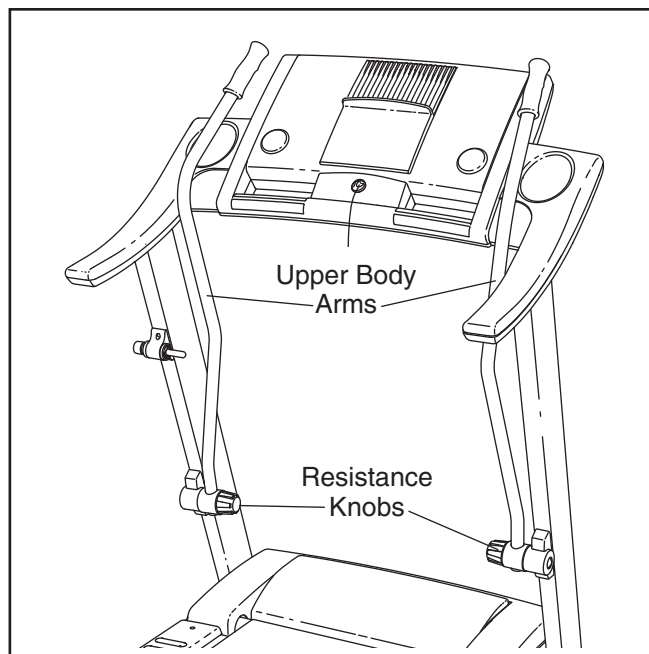
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.
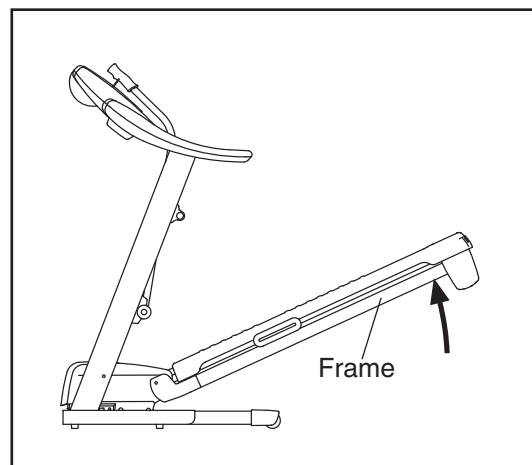
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Slowly release the latch knob. **Make sure that the catch is resting against the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).
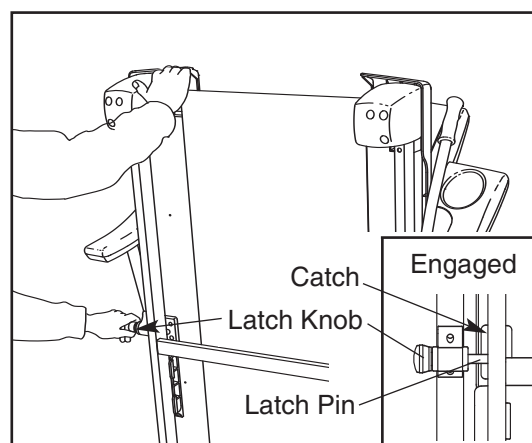
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is resting against the latch pin.**

1. Hold the upper ends of the handrails. Place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.
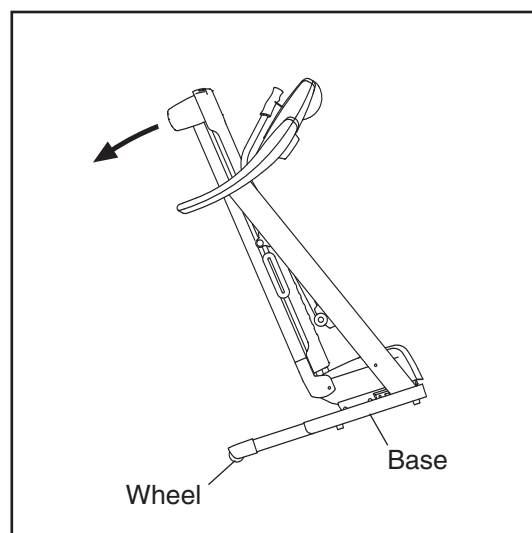
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame down until the catch is past the latch pin.

Open

Catch

Latch Knob

Latch Pin
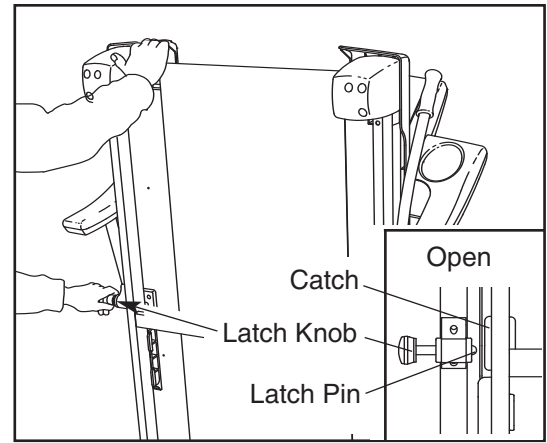
2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

Frame
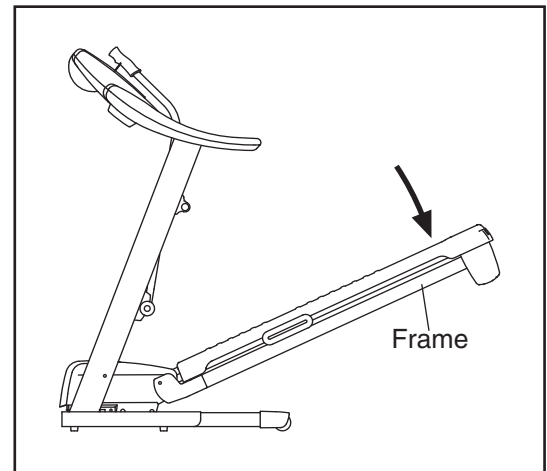
TROUBLESHOOTING

**Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.**

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes, and then press the switch back in.
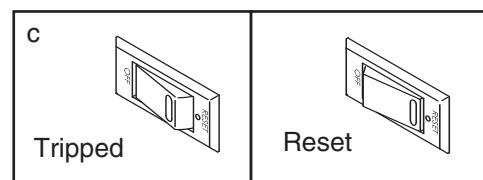
PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 21 and turn off the demo mode.

PROBLEM: The display of the console does not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, carefully lower the Uprights (84, 107). Remove the two indicated Screws (3). Note: A Phillips screwdriver with at least an 8 in. (20 cm) shaft is needed. Raise the Uprights.
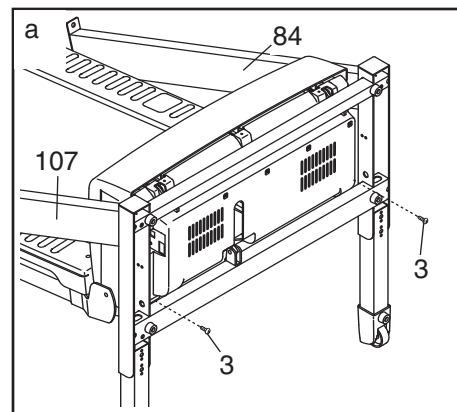
Remove the three Hood Screws (7) from the Hood (41), and carefully pivot the Hood off.
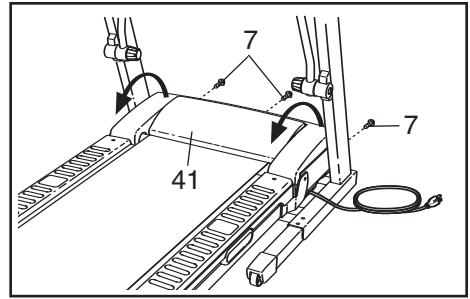
Locate the Reed Switch (63) and the Magnet (46) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 1/2" Screw (33), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown); make sure that the Hood Screws (not shown) are inserted into the same holes from which they were removed. Run the treadmill for a few minutes to check for a correct speed reading.
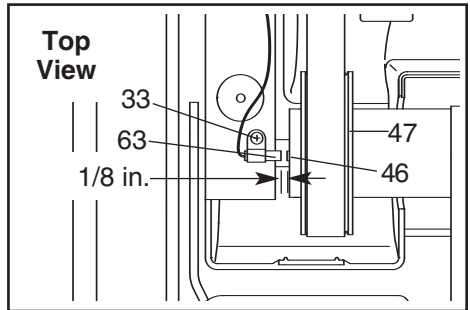
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, re-move the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

b. If the walking belt is overtightened, treadmill perfor-mance may decrease and the walking belt may be-come damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
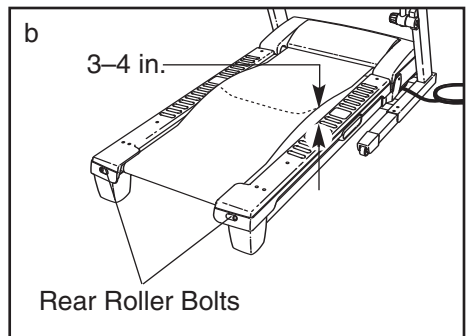
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.
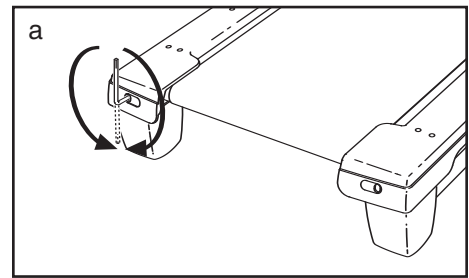
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
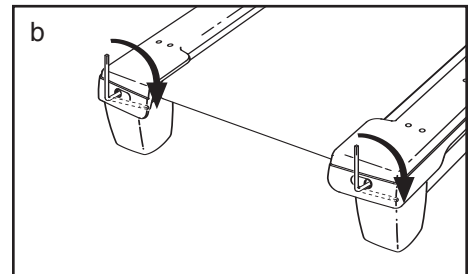
PROBLEM: The upper body arms squeak during use

SOLUTION: a. (Note: Correcting this problem requires a small amount of white marine grease, available at hardware stores.) Turn the Resistance Knob (A) counterclockwise and remove it. Next, remove the Resistance Cone (B) and the Upper Body Arm (109), along with the Resistance Plate (C), Washers (D), Spring Washer (E), Thrust Washers (F), and Thrust Bearing (G). (Note: If the Resistance Plate [C] comes out of the Resistance Cone [B], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (B). Then, reattach all parts in the order shown at the right.
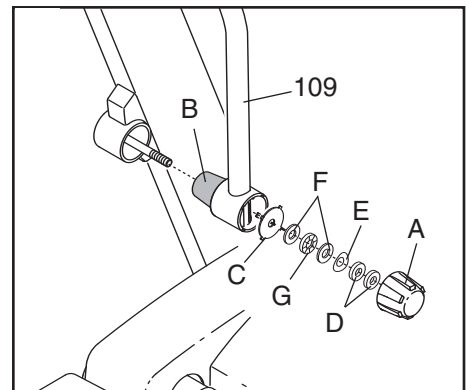
EXERCISE GUIDELINES

⚠ WARNING: **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
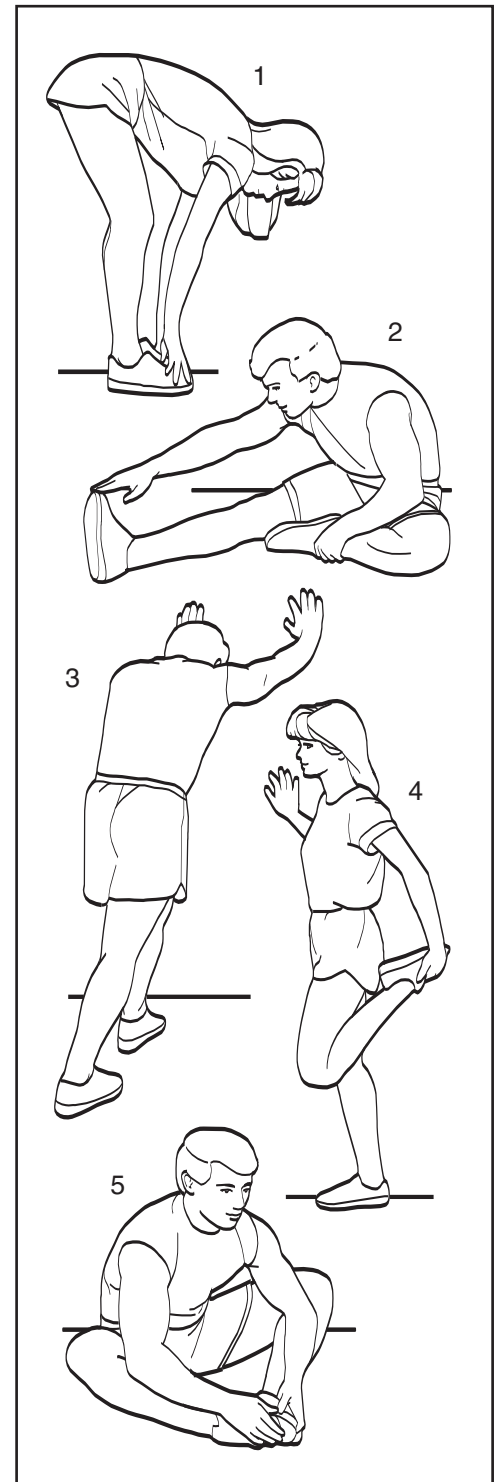
PART LIST—Model No. PFTL56007.0 R0108A

To locate the parts listed below, see the EXPLODED DRAWING near the end of the manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Decal	51	1	Rear Roller
2	6	3/4" Screw	52	1	Left Rear Endcap
3	46	Screw	53	2	Rear Roller Bolt
4	1	Catch	54	1	Right Rear Endcap
5	10	Foot Rail Screw	55	1	Hex Key
6	2	Platform Cushion	56	2	Lift Frame Nut
7	8	Hood Screw/Cushion Screw	57	1	Front Roller Ground Wire
8	4	Star Washer	58	1	Frame
9	2	Platform Bolt, Back	59	1	Belly Pan
10	2	Platform Bolt, Front	60	1	Reed Switch Clip
11	4	Belt Guide Screw	61	1	Console Ground Wire
12	2	Belt Guide	62	1	Power Cord Grommet
13	1	Left Handrail	63	1	Reed Switch
14	1	Right Handrail	64	4	Console Bolt
15	2	Frame Pivot Bolt	65	4	Extension Leg Bolt
16	1	Left Foot Rail	66	1	Console Wire
17	1	Right Foot Rail	67	4	Extension Leg Nut
18	1	Motor Pivot Pin	68	2	Caution Decal
19	1	Motor Bracket	69	1	Warning Decal
20	1	Console Frame Support	70	4	Platform Nut
21	1	Latch Pin Assembly	71	7	Cable Tie
22	2	Motor Washer	72	1	Incline Motor Pin, Lower
23	9	3/8" Star Washer	73	1	Latch Housing
24	2	Motor Bolt	74	1	Console Lens
25	2	Motor Tension Bolt	75	1	Incline Motor Wire
26	1	Motor Belt	76	1	Access Door
27	1	Drive Motor	77	1	Wire Harness
28	2	Frame Washer	78	2	Extension Leg Endcap
29	4	"U"-nut	79	1	Key/Clip
30	2	Motor Nut	80	2	Front Wheel
31	2	Lift Frame Bolt	81	2	Wheel Pin
32	2	Locknut	82	4	Base Pad
33	11	1/2" Screw	83	6	1" Tek Screw
34	1	Console	84	1	Left Upright
35	2	Fan Screw	85	1	Console Base
36	1	Power Cord	86	1	Incline Motor Pin, Upper
37	1	Console Fan	87	3	Hair Pin Cotter Pin
38	1	Controller	88	1	Incline Motor
39	1	Reset/Off Circuit Breaker	89	2	Extension Leg
40	1	Filter Wire	90	2	Rear Roller Bracket
41	1	Hood	91	2	Lock Washer
42	1	Front Roller Bushing	92	3	Belly Pan Clip
43	1	Lift Frame	93	4	Wire Tie
44	2	Upright Endcap	94	2	Endcap Pad
45	1	Front Roller Bolt	95	2	Roller Bracket Screw
46	1	Magnet	96	1	Lift Frame Ground Wire
47	1	Front Roller/Pulley	97	1	Left Upper Body Arm w/Grip
48	1	Walking Belt	98	1	Right Upper Body Arm w/Grip
49	1	Walking Platform	99	2	Hand Grip
50	6	Rear Roller Washer/Cushion Washer	100	2	Insert Screw

Key No.	Qty.	Description
101	2	Resistance Assembly
102	4	Flat Washer
103	4	4 1/2" Bolt
104	2	Upper Body Arm Insert
105	2	2 3/4" Upright Bolt
106	2	1" Upright Bolt
107	1	Right Upright
108	1	Base
109	1	Controller Ground Wire

Key No.	Qty.	Description
110	1	1/4" Front Roller Nut
*	–	14" Blue Wire, 2F
*	–	12" Blue Wire, 2F
*	–	16" Red Wire, M/F
*	–	14" Black Wire, M/F
*	–	20" Blue Wire, M/F
*	–	User's Manual

*These parts are not illustrated.
Specifications are subject to change without notice.
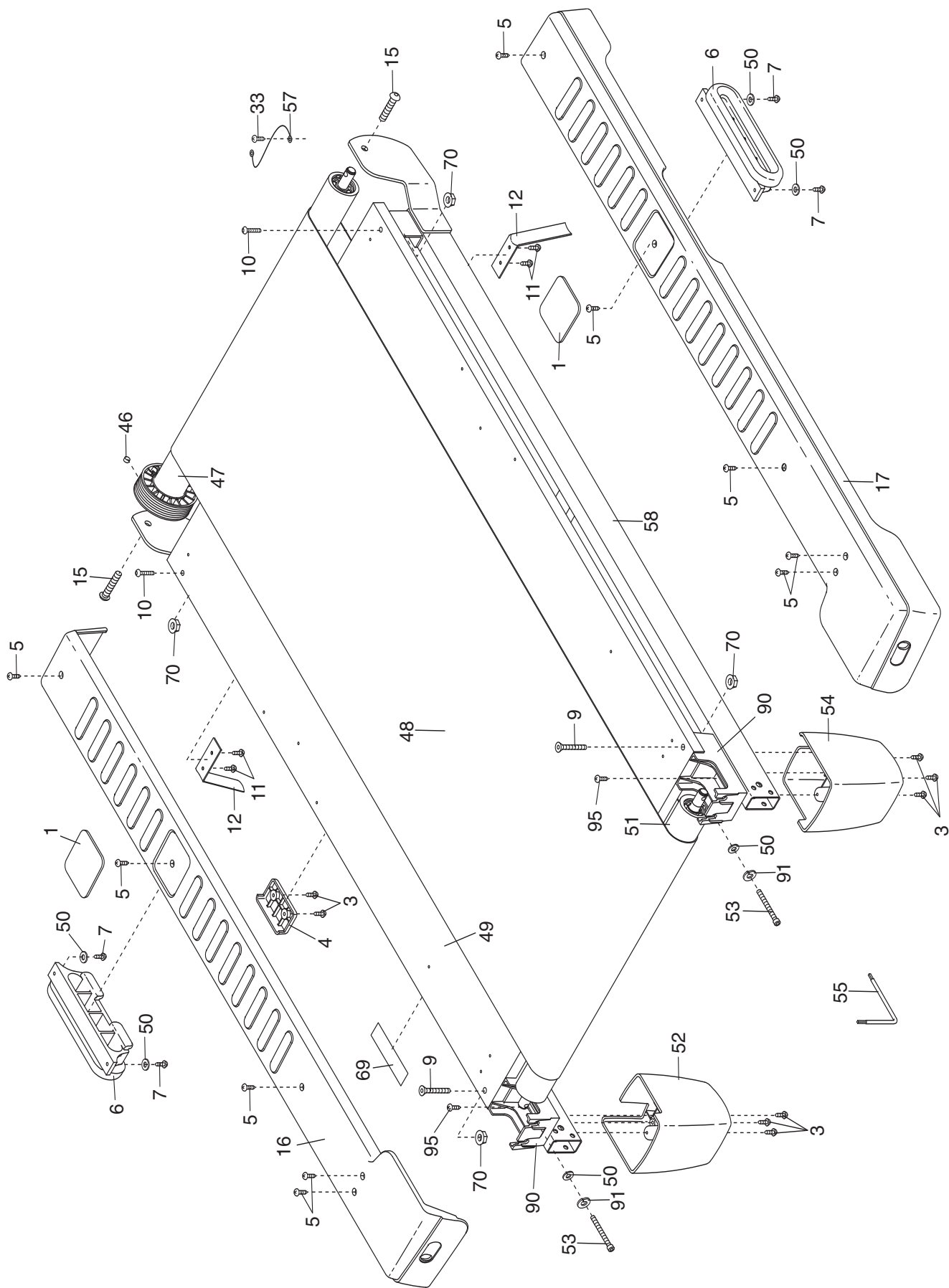
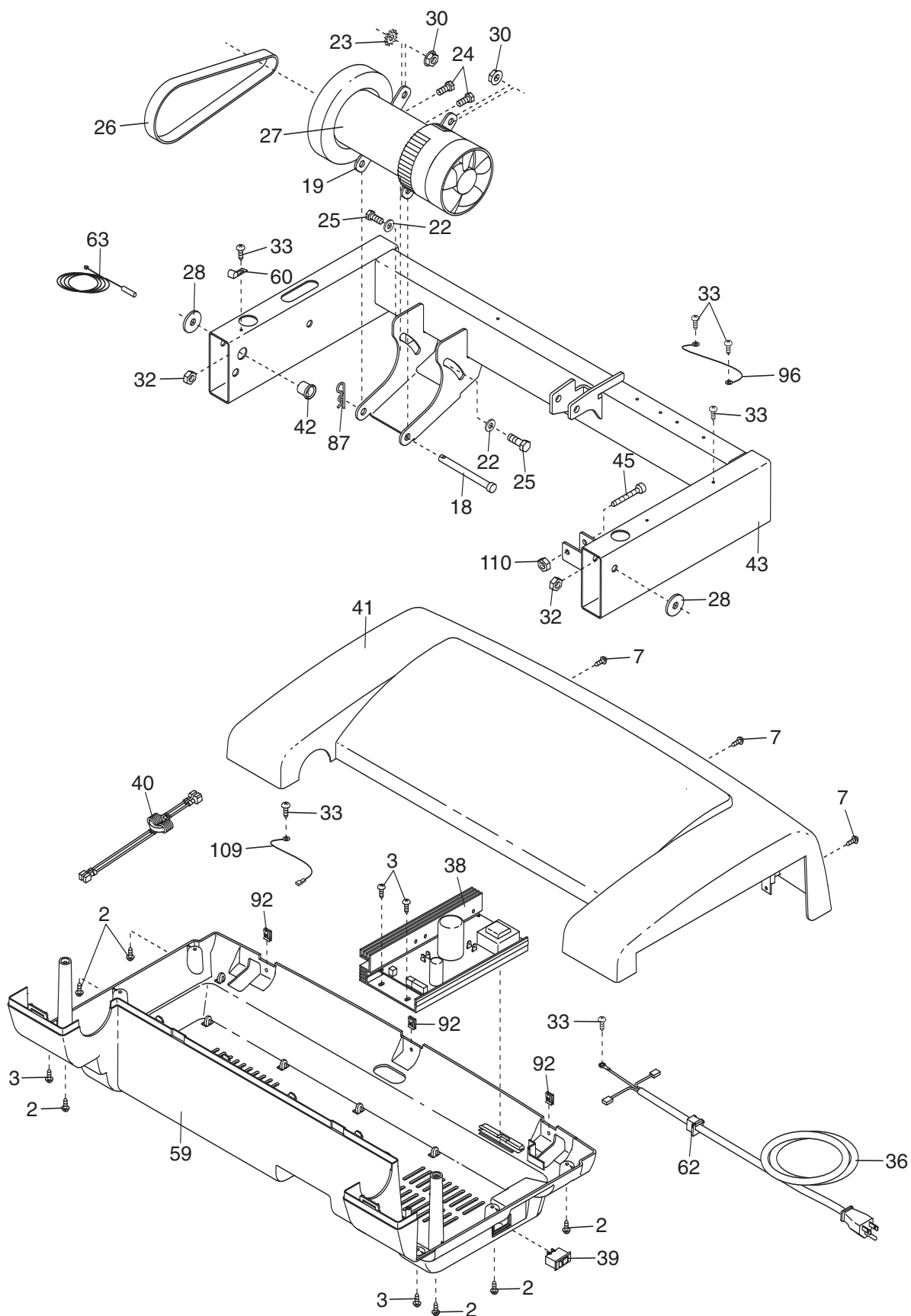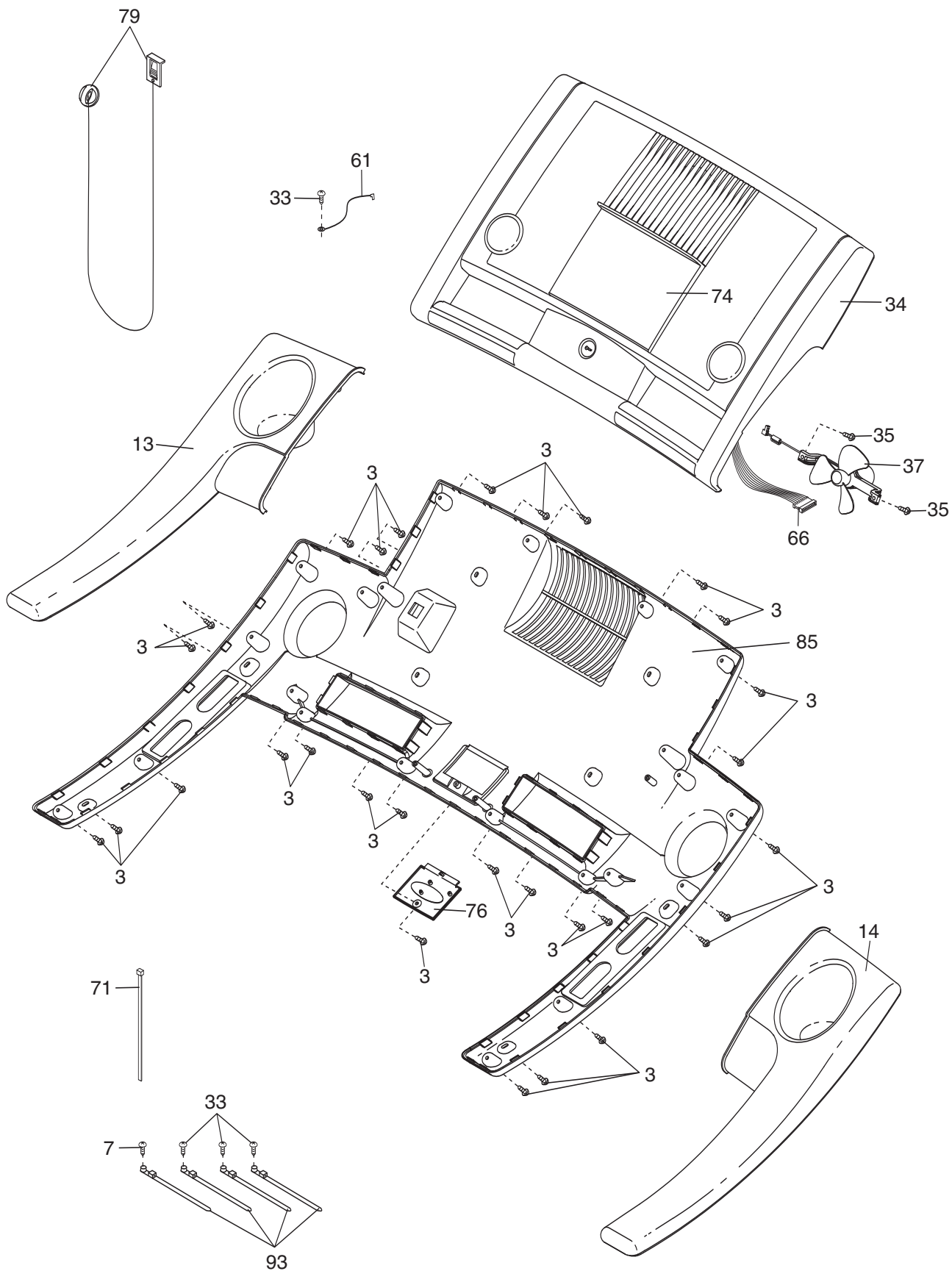# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material under normal use and service conditions. The drive motor is warranted for ten (10) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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